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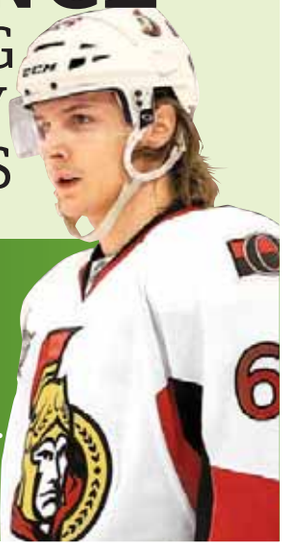
MARRIED IN MEXICO
PETER MACKAY WEDS RIGHTS ACTIVIST
{page 6}

TOP DEFENCE
KARLSSON PUTTING UP NORRIS TROPHY NUMBERS FOR SENS
{page 20}



OTTAWA metro®
Thursday, January 5, 2012
www.metronews.ca
News worth sharing.

Bishop sex offender freed after eight months

- ‘You’re not a pedophile, you’re a f---in’ demon,’ one man yelled to Lahey as court adjourned
- Lahey banned from possessing weapons, accessing porn via computer, contacting minors online

STEVE COLLINS
OTTAWA@METRONEWS.CA

A Catholic bishop caught at the Ottawa airport with hundreds of child-porn images on his laptop was released yesterday after receiving a sentence of 15 months — only eight of which he actually served behind bars.

Raymond Lahey, 71, formerly bishop of Antigonish, pleaded guilty eight months ago to possession of child pornography for the purposes of importation and asked to begin serving his sentence immediately.

On Wednesday, Justice Kent Kirkland sentenced him to 15 months, but because he got two-for-one credit for “pre-sentencing” time served, Lahey was freed.

He will be on probation for two years and registered as a sex offender for 20 years.

His lawyer, Michael Edelson, had recommended the minimum one-year sentence, but said Kirkland imposed “exactly the right sentence.” The jail time, Edelson added, is just the beginning.

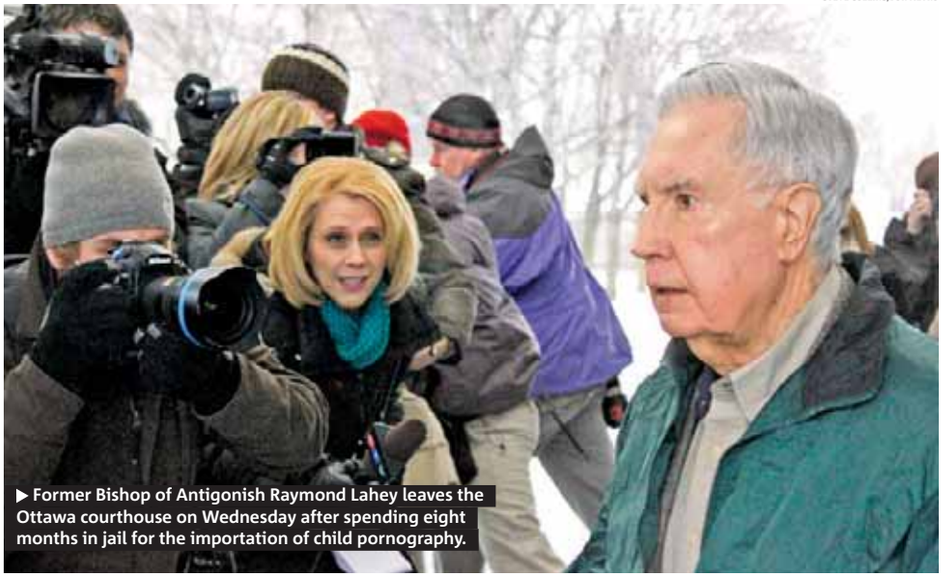
“The sentencing in virtually every one of these cases essentially marks a person for life … and, as a result, you become a social pariah,” he said.

Prosecutors had asked for 18 to 22 months, but were also satisfied with the sentence.

“It’ll serve to announce to others that harsh sentences are in place for those who commit such crimes, sentences which are also meted out to ensure the protection of our children,” said Crown prosecutor David Elhadad.

An exclusive interview with a key defence witness at Lahey’s sentencing hearing {page 4}

STEVE COLLINS/FOR METRO



▶ Former Bishop of Antigonish Raymond Lahey leaves the Ottawa courthouse on Wednesday after spending eight months in jail for the importation of child pornography.

Salvation Army staff set for Friday strike

- Announcement made Wednesday morning in an email
- Union upset over those forced to leave for better-paying jobs {page 3}

Food

Gwyneth Paltrow shows how to eat like a star

- New cookbook, My Father’s Daughter, shares some easy, healthy recipes {page 17}

Scene

My Babysitter’s a Vampire comes to Canada

- Television series is a younger take on vampire genre {page 13}

Style

Save your skin from the rough season ahead

- Dermatologists give tips for the cold and dry months {page 15}

Check out our latest offer on page 14

SHOPPERS DRUG MART

RUNNING THIS AD IN DECEMBER WOULDN'T HAVE DONE ANY GOOD.

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people for good.ca

Students pan sexual assault centre plan

Members of the Coalition for a Carleton Sexual Assault Support Centre are upset with Carleton University for not notifying them about its decision, announced Wednesday, to open a university-run sexual-assault-support centre.

Julie Lalonde, the coalition's co-founder, said it was an "insult" to be notified through the media Wednesday morning rather than have the university notify them directly.

Lalonde said the decision "goes against what the students have been asking for five years," which is a peer-support model whereby victims of sexual assault can speak with a trained student at the centre. JOE LOFARO

Man found on fire dies in hospital

A 25-year-old man who was found on fire in a Carleton University parking garage Tuesday afternoon has died in hospital, police said Wednesday.

Police said that no foul play is suspected in the incident, which occurred in parking garage 9 near Robertson Hall. School officials said "he is not a member of the Carleton University community." JOE LOFARO

JOE LOFARO/METRO

▶ The Salvation Army says its clients won't be affected by a looming strike that could send about 60 unionized workers to the picket line on Friday afternoon.

Sally Ann workers to walk the picket line

Union upset with high turnover of those who leave for better-paying jobs

JOE LOFARO
@METRONEWS.CA

About 60 workers at the Salvation Army's Booth Centre are set to go on strike on Friday at 3 p.m. after the union and management failed to come to an agreement primarily over wages.

The Public Service Alliance of Canada local 73100 made the announcement Wednesday morning in an email, stating that they were left with no choice but to strike.

"We simply cannot accept that so many among us are unable to make ends meet," the union said in the email. "The time has come for us to act in solidarity with each other and not settle for less than what we deserve for our hard work."

Management had offered a wage increase of 7.5 per cent over three years and a $500 and $250 signing bonus for full-time and part-time employees respectively.

Bill Riopelle, the president of the local, said the bargaining unit had initially accepted management's offer on Nov. 16, but back-pedalled once its membership saw the numbers.

Since December, Riopelle has been asking to negotiate a deal of a 15 per cent wage increase over five years, but said management isn't willing to discuss those terms.

1 news

Old photos meet new tech on smartphone apps that allow you to explore your city's past. Scan the code for the story.

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A notorious British crank caller serenades a TV host with a charming ode to cricket. Watch at metronews.ca/video

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Online porn may take place of abuse

Key witness in former bishop's case says majority arrested for child porn have never touched a minor

JESSICA SMITH
@METRONEWS.CA

The key witness in Raymond Lahey's sentencing is working on research he believes will show that sexual deviants who consume child pornography are less likely to abuse children now that child porn has gone online.

Dr. John Bradford, head of the division of forensic psychiatry of the University of Ottawa, has testified as an expert in numerous criminal trials and was a defence witness at Lahey's sentencing hearing in December.

His conclusion that Lahey was not a risk to children and, in fact, not a pedophile, despite possessing images and videos of children and teens, was a key part of the defence argument for a lesser sentence.

There are common misconceptions about child pornography, Bradford said in an interview with Metro shortly after the sentencing hearing.

Bradford is unequivocal that child pornography is extremely harmful to the children abused in it, but says the assumption that people who look at child porn usually also molest children isn't true — which is something he testified about in the Lahey case.

"If you look at the majority of people who are arrested for child pornography, the majority of them have never touched a child," said Bradford. "When we test them, generally they have no or mild pedophilia, meaning they've never had a history of touching a child, but they may have fantasies or mild sexual arousal to children. They may fall into this category of people who are sexually deviant, where erotica or pornography provides an outlet where they don't victimize anybody.

"If they have, on the Internet, exposure to graphic sexual material where they can self-gratify themselves, the theory would be that they therefore would not go out and seek a child or would not expose themselves to the public or don't commit the deviant sexual acts," he said.

Before the Internet, many pedophiles or people who had an "erotic interest" in children would turn to photos of children in underwear in common department store catalogues for a sexual "outlet" and never harm anyone, Bradford said.

However, the most aggressive pedophiles would go to great lengths to obtain explicit child pornography, which is now available online.

An earlier study that Bradford co-authored showed that, prior to the Internet, the use of pornography was associated with an increased likelihood to reoffend.

Bradford said his current research is likely to show the connection between viewing child pornography and sexual recidivism is weaker, now that all kinds of pornography are easier to obtain online.

The field of research is controversial and there are many opposing views, said Bradford.

For example, he said that other researchers have found links between the consumption of pornography and aggressive behaviour in general, as well as with negative attitudes and beliefs that support violence towards women.

JESSICA SMITH/METRO

▶ Dr. John Bradford is seen outside the courthouse in Ottawa in December.

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MacKay marries rights activist

Wedding was closely held secret, though defence minister's parents reportedly attended

One of Ottawa's most eligible bachelors is now officially off the market.

Defence Minister Peter MacKay quietly married his girlfriend Nazanin Afshin-Jam at a private ceremony in Mexico on Wednesday.

He released a statement on his constituency website announcing the nuptials, which took place in front of family and friends.

"Since coming into my life, many of you have met Nazanin on her many visits to Nova Scotia. She is the most important person in my life and over the coming months, Nazanin and I look forward to spending more time at home in Central Nova and sharing our happiness with all of you," said MacKay.

Friends say MacKay popped the question last summer.

Afshin-Jam, 32, is a human-rights activist and president of Stop Child Executions, which tries to draw attention to the young people who are on death row in Iran.

The couple were first spotted in public together last year, though they reportedly met seven years ago, when Afshin-Jam was in Ottawa to speak about human-rights abuses.

The new bride was born in Iran but fled Tehran with her family following the 1979 Islamic revolution and immigrated to North Vancouver.

THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

▶ Peter MacKay arrives with Nazanin Afshin-Jam for a cabinet swearing-in ceremony at Rideau Hall last May.

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Suspect on suicide watch

Man charged with setting L.A. fires also investigated in Germany

The German man charged Wednesday for allegedly setting a string of fires across Los Angeles on New Year's weekend has been put on suicide watch, a law enforcement official said.

Harry Burkhart, 24, has been in custody since Monday, when he was arrested in Hollywood.

Burkhart's mother, Dorothee Burkhart, said in court Tuesday that her son is mentally ill.

He has refused to co-operate with investigators since his arrest on suspicion of starting dozens of car fires in and around the city that caused an estimated $3 million in damage.

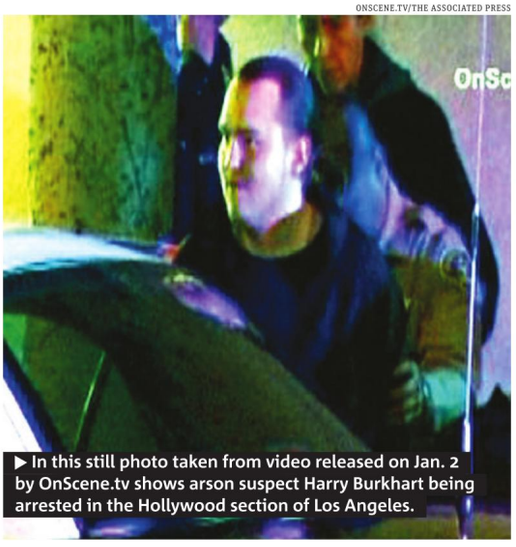
Authorities said they believe he was angry over his mother's legal troubles and went on an arson rampage a day after she made an initial court appearance last week.

Burkhart is also under investigation in his home country of Germany for a house fire north of Frankfurt days before he travelled to the U.S. in October.

The fire at the house, which belonged to the Burkhart family, has been ruled an arson.

THE ASSOCIATED PRESS

ONSCENE.TV/THE ASSOCIATED PRESS



▶ In this still photo taken from video released on Jan. 2 by OnScene.tv shows arson suspect Harry Burkhart being arrested in the Hollywood section of Los Angeles.

Barbecue fork bandit behind bars

London, Ont., police have arrested a man believed to be a barbecue-fork wielding, cab-hopping bandit.

Jermaine Oates, 26, of London was arrested Tuesday after a witness saw him take a cab from the scene of a robbery at Bank of Montreal, 555 Hamilton Rd.

Const. Dennis Rivest said the taxi was stopped a short distance from the bank. Inside, officers found Oates and stolen cash.

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The rare disease next door:

A personalized approach

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Being diagnosed with a rare disease, such as an uncommon genetic disorder or an unusual infectious or autoimmune disease, can be a lonely and frightening experience. Because of their rarity, these illnesses are often poorly understood, and don't generally inspire big fundraising campaigns in the same way that more common diseases do. As a result, the people affected by rare diseases often feel abandoned.

But that could change. When you consider the cumulative impact of the thousands of rare diseases, they add up to one big health care challenge, as they could affect up to 10% of the Canadian population. Advances in technology, such as next-generation DNA sequencing, are offering hope to patients. As we translate these findings into a personalized approach to medicine, there may be a lot more we can do to help people who suffer from uncommon illnesses.

Join us for a discussion on this important issue.

Experts:
Kym Boycott, MD, PhD
Professor, University of Ottawa
Clinical Geneticist
Children's Hospital of Eastern Ontario

Matthew Herder, PhD, LLB, LLM, JSM
Assistant Professor
Faculty of Medicine
Member, Health Law Institute
Dalhousie University

Durhane Wong-Rieger, PhD
President
Canadian Organization for Rare Disorders

Moderator:
Alex MacKenzie, MD, PhD
Senior Scientist
Children's Hospital of Eastern Ontario

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FAMILY HANDOUT/PA/THE ASSOCIATED PRESS

▶ Stephen Lawrence in an undated family handout photo.

Racist U.K. killers jailed

Two members of white gang charged with killing black teen in 1993 sentenced ◐ Horrific hate crime went unsolved for years, shocked public

A young black man lay dying in a south London bus stop. His friend called frantically for help while a gang of white teenagers who had stabbed him ran off. Two members of that gang were sentenced Wednesday for the 1993 murder of Stephen Lawrence, but three more remain at large.

Judge Colman Treacy on Wednesday sentenced Gary Dobson to at least 15 years and two months in jail, and David Norris to at least 14 years and three months for the murder of the teenager, and urged police to continue looking for new leads in the case.

He told the men they were guilty of "a terrible and evil crime" committed out of blind hatred. "A totally innocent 18-year-old youth on the threshold of a promising life was brutally cut down in the street in front of eye witnesses by a racist thuggish gang," Treacy said. "You were both members of that gang."

Police, who have been accused of incompetence and racism in the way they handled the murder, vowed to hunt for the remaining killers.

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Mubarak accused of instigating killings

The prosecution in the Hosni Mubarak trial said on Wednesday it has concluded that Egypt's ousted president, his security chief and six top police officers were the "actual instigators" of the killing of more than 800 protesters during last year's popular uprising that brought down his regime.

Mubarak and his seven co-defendants are facing charges of complicity in the killings and could face the death penalty if convicted.

Wednesday's hearing coincided with the second day of voting in the third and final round of parliamentary elections that began on Nov. 28. Even before the final round, Islamists led by the Muslim Brotherhood, Egypt's largest political group, were assured of a majority in the new legislature.

They are likely to bolster their gains in the final round, since many of the nine provinces voting have been traditional Islamist strongholds.

The elections, the fairest and freest in decades, have attracted a heavy turnout. Final results were due to be announced Jan. 13.

THE ASSOCIATED PRESS

Argentina's president recovering after surgery

NATACHA PISARENKO/THE ASSOCIATED PRESS

▶ Cristina Fernandez

Argentina's president was awake and recovering Wednesday after a three-and-a-half-hour operation to remove her cancerous thyroid gland.

Cristina Fernandez's surgery went without complications and all her vital signs were good, her spokesman Alfredo Scoccimarro announced, prompting cheers and applause from supporters gathered outside the hospital.

Doctors had expected a routine surgery and predicted a complete cure without chemotherapy, since preoperative tests showed the cancer had not spread beyond a nodule on the right side of her thyroid gland. Vice-President Amado Boudou was put in charge before the operation, and will remain as the country's constitutional leader for 20 more days while Fernandez takes medical leave, the president's office said. THE ASSOCIATED PRESS

Outcry over abused Afghan bride gives hope

Yet some fear women's rights will erode as foreign troops withdraw

Just 15 years old, Sahar Gul has become the bruised and bloodied face of women's rights in Afghanistan.

According to officials in northeastern Baghlan province, Gul's in-laws kept her in a basement for six months, ripped her fingernails out, tortured her with hot irons and broke her fingers — all in an attempt to force her into prostitution. Police freed her after her uncle called authorities.

"I think there is now a sense of awareness about women's rights. People seem to be changing and seem to be talking about it."

FAWZIA KOFI, HEAD AFGHAN PARLIAMENT'S WOMEN'S AFFAIRS COMMISSION

Despite guaranteed rights and progressive new laws, Afghanistan still ranks as the world's sixth-worst country for women's equality in the UN development program's annual Gender Inequality Index. Nevertheless, Afghan advocates say attitudes have subtly shifted over the years, in part thanks to the dozens of women's groups that have sprung up.

Fawzia Kofi, a lawmaker and the head of the women's affairs commission in the Afghan parliament, says the outcry over a case like Gul's probably would not have happened just a few years ago because of deep cultural taboos against airing private family conflicts and acknowledging sexual abuse — such as forcing a woman into prostitution.

THE ASSOCIATED PRESS

Twin. Double take

▶ In this image taken Tuesday, Simon, 45, and Jody Blake, 38, with their twins Reuben and Floren smile for the camera at their home in Cheltenham, England.

BEN BIRCHALL/PA/THE ASSOCIATED PRESS

Twins born years apart

Simon, 45, and Jody Blake, 38, conceived their twins Reuben, five-years-old, and Floren, seven-weeks-old, from the same batch of embryos five years apart. During a medical process, five embryos were created with two implanted in Jody that resulted in the birth of Reuben in 2006. The remaining three were frozen until the couple decided to try for another baby in 2011.

Family celebrates long line birthday repetition

DAVE ZAPOTOSKY/THE BLADE/THE ASSOCIATED PRESS

▶ Julia Gonyer, left, her father, Richard Stiff, and daughter, Kourtney Gonyer.

Jan. 4 birthdays have been running in one Ohio family for four generations.

Richard Stiff of the Toledo area turned 65 on Wednesday. The day is also the 34th birthday of his daughter, Julia Gonyer, and it's the first birthday of Gonyer's daughter, Kourtney. The string began with Stiff's late father, Marshall Stiff, who was born Jan. 4, 1924.

The Blade newspaper reports that some people can't believe it when they learn about all the births. Others have said it's kind of creepy. **THE ASSOCIATED PRESS**

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Germany, Portugal borrow to ease crisis

- Italy and Netherlands also managed to sell debt
- Italy has $69 billion in expiring debt to auction off

Europe won some further modest respite from its debt crisis Wednesday as Germany and Portugal became the latest countries to borrow with relative ease ahead of a hazard-filled few weeks for the eurozone.

Both countries saw their borrowing costs dip at auctions, in a further sign that investors may have temporarily put some of their concerns to one side at the start of the new year in the wake of fairly buoyant U.S. economic data.

Germany, the biggest contributor in Europe's bailouts, managed to sell $5.3 billion US in its benchmark 10-year bonds Wednesday at an average yield of 1.93 per cent, down on the previous 1.98 per cent it had to pay. But demand barely covered the bonds on offer. Portugal, bailed out last April after being locked out of international markets, paid a lower interest rate to borrow $1.3 billion in three-month treasury bills.

Eurozone governments are struggling to convince financial markets that indebted governments will not default and should be able to borrow at affordable rates to repay debts. Greece, Ireland and Portugal have needed bailouts, while much larger Italy and Spain have also seen their borrowing costs rise.

Further trouble could come from a slowing eurozone economy. Many economists predict an outright recession, which would be two quarters of negative growth.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

TSX	Dollar
+ 18.04 (12,226.47)	- 0.13¢ (98.78¢ US)
OIL	**Natural gas**
+ 0.26¢ US ($103.22 US)	$3.10 (+ 10¢)
	Gold
	$1,612.70 (+ $12.20)

Next. In Line

▶ In this photo from November, Scott Thompson, then president of PayPal, speaks at the Web 2.0 Summit in San Francisco.

PAUL SAKUMA/FILE PHOTO/THE ASSOCIATED PRESS

Yahoo picks its new CEO

Yahoo Inc. has named Scott Thompson as its new CEO. The company has been without a permanent CEO since September. It fired Carol Bartz after losing patience with her attempts to turn around the company during her two-and-a-half-year tenure.

Prepare to work longer for less payoff

The deteriorating health of Canadian pensions in 2011 is likely to convince more employers to shift burdens to employees this year and force an increase in retirement ages, according to pension consulting firm Towers Watson.

The company said that low interest rates and plunging stock markets weighed heavily on defined-benefit pension plans, which guarantee a level of post-retirement income.

If pension-plan values do not recover over the long term, retirees may face lower pensions and benefits.

THE CANADIAN PRESS

16 Statistics Canada research found that a 50-year-old worker in 2008 could expect to stay in the labour force another 16 years — 3.5 years longer than in the mid-1990s.

Bankruptcy to save jobs: CEO

The head of one of Canada's last two remaining asbestos mines said Wednesday that declaring bankruptcy is the only way the cash-strapped operation has a chance of saving its workers' jobs.

Simon Dupere, president and CEO of Quebec-based LAB Chrysotile, said in an interview that he's confident many of the 350 jobs at the mine will be saved.

Dupere said the company's current financial situation made it impossible to continue operations.

He said the shutdown of its Lac d'amiante du Canada mine in Thetford Mines last fall didn't stem costs and there has been no revenue to deal with them. "We have a structural problem," Dupere said. "We have a problem with fixed costs and this will be resolved with the (bankruptcy)."

One possibility that would allow the mine to resume production in 2013 would be the opening of access to an asbestos deposit that is currently blocked.

While workers were surprised by the announcement, the union says the possibility of a recovery provides hope. But union spokesman Gordon Ringuette says he's waiting to see if the company will seek concessions from workers to reduce labour costs. "We expect that they will ask for concessions.... They're talking about a business plan that has become too expensive and unprofitable."

THE CANADIAN PRESS

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OF MICE AND THE MAN WHO LOVES THEM

HE SAYS ...

JOHN MAZEROLLE
METRO

I think I love the mouse in my apartment.

It's not the love between a man and a woman, exactly, because I don't know its gender. But it feels right.

It is a forbidden love, frowned upon by the world, and it is a love brought about by fate: Of all the drywall joints in all the townhouses in all the world, it chewed into mine.

And if loving something means wanting it to be free, then I'll squeak it from the rooftops — I love my mouse.

Don't misunderstand: I realize that mice are disease-ridden vermin, which is why Mickey always wore white gloves — for safety's sake.

I'm aware that it's hard to endorse a creature that has used millions of years of evolutionary knowledge to perfect the art of pooping on your counter top.

And, personally, I'm annoyed that the little guy can find enough food in my apartment to survive even though I can't seem to, no matter how many times I open the fridge.

"And, personally, I'm annoyed that the little guy can find enough food in my apartment to survive even though I can't seem to, no matter how many times I open the fridge."

But, despite all that, I must love the mouse.

Why? Because I can't deal with the alternative.

As a journalist, I often worry that I'm jaded. Cover enough accidents and murders and Vic Toews, and eventually you get so cynical you can talk like this to a stranger: "I know this is a difficult time, but how did you FEEL when your dog fell into the thresher? Oh, don't cry. Please wait until the camera gets here."

But that worry evaporated last winter. I had a mouse back then, you see.

And so I bought glue traps, because the packaging said it was "humane" and it showed a cartoon mouse looking annoyed in the glue, as if it were going to miss its dinner with Speedy, Mickey and Mighty. Why, this was going to be fun!

Well, I don't want to get too gruesome about what happened, but the Gadhafi family would have been appalled. While the mouse squeaked at the same volume as the girl being eaten at the beginning of Jaws, I frantically ran outside with him, promising freedom.

I poured water on him — that's what the packaging said to do — and watched hopefully (run little buddy!) as he stopped moving entirely. Yes, I waterboarded the mouse.

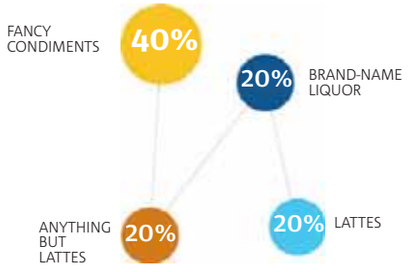
And as I stood over his lifeless body, I vowed then and there that I would only love all the helpless rodents of the world. So, as you can see, I need to love the new mouse.

And if I must kill him, I will at least talk to its family, using all my compassion and empathy. Because I know this is a difficult time.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

The UN says we're set for another volatile year in food prices. What are you willing to give up if you have to pay more for dinner?



Local tweets

@larawellman: RT @SoCapOtt: The #socapott Organizing Committee is starting the heavy work on the 2012 conference. Are you excited #Ottawa!?

@librariansarah: RT @ottawastart: RT @missfish: See what happens when you blow bubbles during the coldest days of an #Ottawa winter http://t.co/w34PRa0S

@C_Smiles_Ottawa: I think everyone in #Ottawa's #teeth are chattering today, milder temperatures are on the way, thank goodness!

@RubyKingBuffet: Check out our new take out menu on Google Plus... Don't forget to +1 us! https://t.co/Z3eLJwE3 #Ottawa #OttCity

@DowntownRideau: RT @OttawaConvCentr: This weekend is the #Ottawa Wedding Palace Bridal Show - brides make sure you check this one out @OttawaConvCentr hosted by @weddingpalace

NATASHA HARTH / REX FEATURES

Daily Zoom

Art attack ... by kids

Kids' stickers create artwork

QUEENSLAND, AUSTRALIA. If you want that statement-making design to jazz up your home interior, then perhaps look no further!

One artist has created a work where children can express themselves using coloured stickers. Yayoi Kusama's Obliteration Room is currently on display at the Queensland Art Gallery.

METRO WORLD NEWS

"With just one polka dot, nothing can be achieved."

YAYOI KUSAMA'S CANDID REMARKS ON THE MEANING OF HER ART

Boring room or blank canvas

INTERACTIVE ART. Curators suggest this sterile white room is a critique of everyday life drained of colour. But at the same time they say this colourless space acts "as a blank canvas to be invigorated — or 'obliterated,' changing measurably over time as the dots accumulate as a result of thousands of collaborators."

METRO WORLD NEWS

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2 scene

Donald Trump

Mob boss widow Victoria Gotti, singer Clay Aiken and IndyCar champ Michael Andretti are on tap for the next edition of NBC's Celebrity Apprentice. Host Donald Trump announced the new batch of contenders and they also include Teresa Guidice, co-median Lisa Lampanelli, former Miss Universe Dayana Mendoza, rock star Dee Snider and America Chopper star Paul Teutul Sr.
THE ASSOCIATED PRESS

JEN TRAPLIN /METRO OTTAWA

▶ Ottawa stand-up comedian Chris Timms, creator of The Chris Timms Comedy Cabaret.

No joke — it's a comic quest

Chris Timms trying to lift local entertainment from the backburner into Ottawa's spotlight

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

Local stand-up comedian Chris Timms wants you to get to know the comedians and musicians of Ottawa on a personal level.

So, he has created The Chris Timms Comedy Cabaret, a series of six live shows, showcasing both local stand-up comedians and musicians. And, he'll capture it all on film for an upcoming web series he is producing.

Those webisodes will feature interviews and interactions with the performers "to get some insight into what people go through on show night and what it takes for them to commit to their craft," says the former Toronto Film School student.

Timms is circulating a cheeky tag line for the series: stop lining millionaire's pockets, support local entertainment.

"By bringing different art forms together, I am hoping to produce a show that will be very unique, help promote local entertainment and refuel an interest in local comedy," he explains. "There are, surprisingly, lots of comedians and comedic hopefuls in this city."

As an up-and-coming comedian himself, Timms would know. He has been doing stand-up for about three years although, to him, it feels like a lot longer.

"I like to think I have entertained people my whole life," he jokes.

Timms, who was a finalist in the 2011 Steam Whistle Summer Comedy Competition, is hoping his cabaret provides Ottawa with a different kind of comedy show.

There will be four comics performing at each event and a musical act who will perform between acts, essentially co-hosting the show with Timms.

He admits creating a new form of entertainment in a city as fickle as Ottawa is risky, but he's hopeful people will embrace this concept.

"Ottawa loves to support its musicians; music and hockey is where the entertainment love goes in this city," says Timms. "But, I know if done right, the community will spread the love."

Details

The Chris Timms Comedy Cabaret featuring Aaron Power, Colin O'Brian, Matt Watson, Alex Wood, musical guests Cherry Suede and hosted by Chris Timms

- **When:** Tonight (Thursday) at 8 p.m.
- **Where:** Biagio's Italian Kitchen, side door entrance (1394 Richmond Rd.)
- **Price:** Tickets are $10 at the door.

Slipstreaming into 2012

Bonnie Raitt prepares to release her first album in nearly seven years

Bonnie Raitt is releasing a new album in 2012, her first in seven years.

Slipstream, out April 10, follows a long break from studio work for the Grammy-winning Rock and Roll Hall of Fame member. She lost her parents, her brother and her best friend.

"I hadn't stopped moving in a very long time so I really wanted to take a total break and not concentrate on making a new record or what I was going to do next," Raitt said. "So that was really valuable because I waited until I was really ready to come back."

Slipstream is the 62-year-old slide guitarist's first album since 2005's Souls Alike, and will be the first release on her own record label, Redwing Records. The 12-track album will feature four songs recorded with producer Joe Henry and his musicians, which she describes as experimental. The remainder of the album is self-produced with her touring band.
THE ASSOCIATED PRESS

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Bonnie Raitt

NY-based grocery yanks, then restores, Alec Baldwin ads after support for actor.

The horrors of high school

My Babysitter's a Vampire comes to Canada
It's a supernatural spin on the trials of being a teen

HANDOUT

▶ The series My Babysitter's a Vampire is based on a TV movie of the same name.

Debuting in Canada this week is Teletoon's My Babysitter's a Vampire, a younger-skewing take on the monsters-meets-hormones genre also seen in the Twilight film franchise, the campy Space comedy Todd and the Book of Pure Evil, and CTV Two's The Vampire Diaries.

Toronto-bred star Matthew Knight, who plays earnest 14-year-old Ethan, says he hopes young viewers can learn a lesson or two as his show draws over-the-top parallels between the eternal battle of good and evil and the trials of growing up.

"I kind of feel like it makes kids ... feel like their (problems) are not the end of the world and they can get through it," 17-year-old Knight says of the show's weekly supernatural calamities.

The series' over-the-top hijinks — which include resurrecting dead family pets and navigating a suspicious school blood drive — are all in service of putting common teen anxieties into perspective, adds co-star Atticus Mitchell, who plays Ethan's trouble-making best friend Benny.

"You don't know what the end of the world is until you hit that bad point in your life when you're trying to get with your crush and it's like, 'Oh, I love you.' And all of a sudden — 'What? There are vampires! Zombies!"' says 18-year-old Mitchell, from Toronto.

"That's the end of the world, OK?"

The new series is based on the TV movie of the same name, which centred on the awkward Ethan, his precocious little sister Jane and his mischievous pal Benny.

In that 2010 comedy, billed as Teletoon's first original live action feature, Ethan's hopes of shedding his geek status are thwarted when his mom decides he's not mature enough to watch Jane and hires a babysitter from his school.

Ethan is mortified when it turns out to be his longtime crush Sarah, played by Vanessa Morgan, who just happens to be a newly formed vampire.

Ethan is also going through a transformation as he grapples with disturbing visions that seem to predict future events. And Benny, who learned from his Grandma that he's actually a young wizard, is struggling to cast magical spells without causing more harm than good.

"It's definitely a little bit lighter in the way that it's shot and the way the characters deal with it and just more family friendly," says Knight.

My Babysitter's a Vampire debuts Thursday on Teletoon.

THE CANADIAN PRESS

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The human tale

The History channel to debut miniseries on mankind

A+E NETWORKS, JOE ALBLAS/THE ASSOCIATED PRESS

▶ Mankind the Story of All of Us traces the development of humans on earth.

After its successful series on the history of America in 2010, television's History channel is setting its sights even higher.

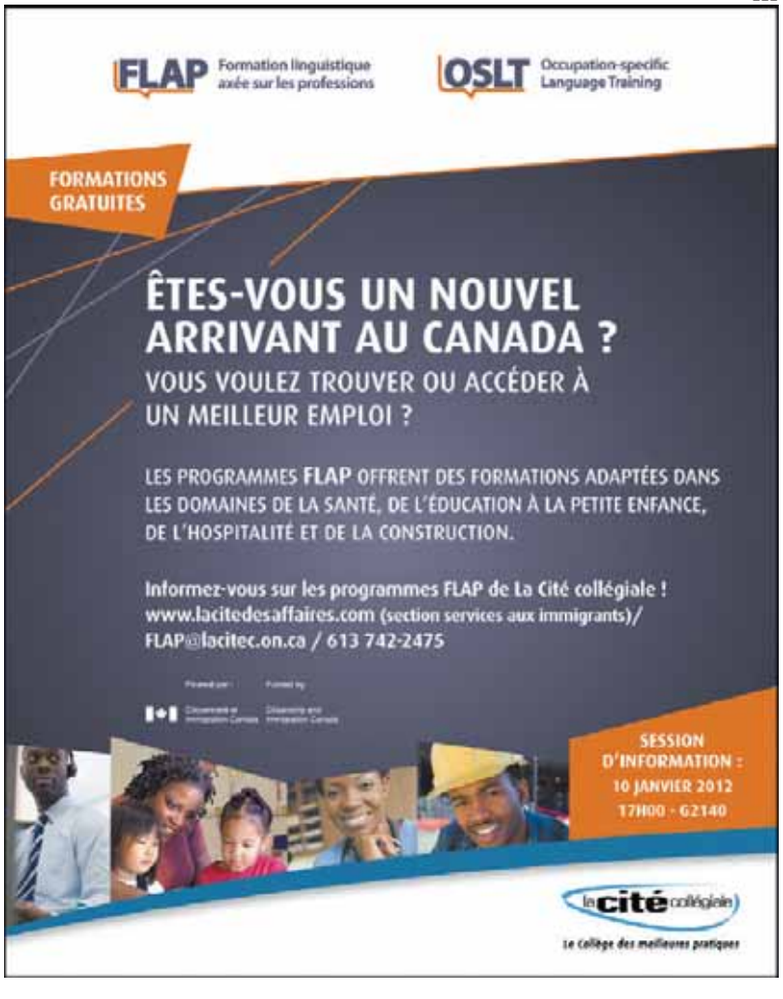
The network said Tuesday that a 12-hour miniseries, Mankind the Story of All of Us, will debut late this year. History, seen in more than 300 million homes worldwide, will offer different versions of the series in different parts of the world, the first time it has ever done that.

America the Story of Us hadn't even concluded when History executives, impressed by its ratings, began talking about what to do next, said Nancy Dubuc, the network's president and general manager.

"Rather than take a slice of the America story and do something more in depth on that, we decided to go bigger and broader," she said. The new series starts with the Big Bang and traces the development of humans on a planet where the vast majority of species go extinct, said Jane Root, the project's executive producer.

Root described it as a "real action-adventure" project, one that encompasses astronomy, geology and other sciences along with history. The series traces the development of tools and the construction of the pyramids. Air dates have not been set for the series, which will stretch over six days, but it will be within the last three months of 2012, the network said.

THE ASSOCIATED PRESS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Celebrity tweets

@Joan_Rivers

This is the only time of year when I'm jealous of atheists. They don't waste their time taking down all the Christmas decorations.

@bobsaget

Today is the first day of the rest of your life. And if that doesn't work out for you, Tomorrow is the first day of the rest of your life...

@mradamscott

The Girl With The Dragon Tattoo is super funny.

@AmandaBynes

Not tweeting is the new tweeting.

Timberlake engaged?

Singer proposes to Jessica Biel on top of mountain, according to sources

ALL PHOTOS GETTY IMAGES

▶ Jessica Biel and Justin Timberlake

After quietly getting back together in 2011, Justin Timberlake and Jessica Biel have reportedly gotten engaged just as quietly.

Sources tells Us Weekly that Timberlake popped the question on top of a mountain in Jackson, Wyoming, during a snowboarding vacation.

"Justin knows how much she loves snowboarding and the mountains, so it was the perfect place," the source says.

"He knew it was the right time to propose." The pair broke up briefly last year, and "when they reunited, they had a conversation about taking the next step," the source says. METRO

Running back to The Running Man?

Maria Shriver

After reconnecting with estranged husband Arnold Schwarzenegger over the holidays, Maria Shriver is reportedly reconsidering her planned divorce from the former California governor, according to OK! Magazine.

"She's definitely having second thoughts about going ahead with the divorce," says a source close to the family, who adds that Shriver's friends aren't too pleased with the latest development: "All her friends are up in arms that she's considering a reunion," the source says.

"She's close friends with Oprah (Winfrey), who would never encourage her to go back to a man who fathered a child with the housekeeper." METRO

Mendes hangs with Gosling's mom

▶ Ryan Gosling

If there were any doubts that Ryan Gosling and Eva Mendes were getting serious, their recent behaviour should put them to rest.

While visiting New York, Gosling reportedly took Mendes to the movies along with his mother, according to People magazine.

"They all hung out and went to the movies together," a source says.

"Ryan and Eva seemed very happy."

And they seemed even happier before arriving in New York, while still at the airport in Los Angeles.

"They kept kissing and hugging while they waited to board their flight," says a source.

"Eva looked gorgeous and kept smiling." METRO

Cannon suffers kidney failure

Nick Cannon was hospitalized this week in Colorado for kidney failure, wife Mariah Carey revealed on Twitter. "Please pray for Nick as he's fighting to recover from a mild kidney failure," Carey wrote in a post accompanied by a photo of the pair in a hospital bed. The singer noted that a visit to the hospital seems to be an annual tradition for the couple: "Last year it was me attached to the machines," she wrote, referring to the birth of their twins, "and Nick was there with me through it." METRO

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SHOPPERS DRUG MART

Dewey in the dark winter

It's January and it's cold and dry Yes this is obvious, but the fixes for your chapped skin may not be Try these tips from dermatologists to save your skin from the rough season ahead

ISTOCK

Use a conditioner in your hair more frequently during the winter.

Moisturizing is so important this time of year because it protects the outer layer from winter's wrath while retaining natural moisture from within.

Stay away from products that contain detergents because they can remove protective, essential oils.

Don't assume that drinking water or replacing fluids internally is enough to keep your skin healthy during cold weather.

Showers

Don't take extra hot showers. As much as you want the comfort of that heat when it's chilly, there's less moisture in the air during winter and hot showers can further dehydrate your skin, says Dr. Neil Sadick, clinical professor of dermatology at Weill Cornell Medical College in New York.

"Make showers as tepid as you can tolerate," he says. If you can't stand the chill, find a space heater safe for bathroom use.

Hair and nails

Don't ignore hair and nails. They're made of the same compounds as skin and crack in similar fashion, says Dr. Alicia Zalka, a dermatology professor at Yale. "I don't think people realize that when nails split it's 90 per cent from lack of proper moisture." B vitamin supplements can improve skin, hair and nails during winter.

"They're better for the skin when ingested, rather than when you put them on the skin topically," Zalka says.

"If you've got the driest of dry skin, the best defence for that is a couple of days of plain old Vaseline."

DR. ALICIA ZALKA, ASSOCIATE CLINICAL PROFESSOR OF DERMATOLOGY AT YALE

"Humidify the air in your home, especially in your bedroom so that healing and repair can take place while you sleep."

DR. DAVID ORENTREICH CLINIQUE DERMATOLOGIST

Sunblock

Don't forget sunblock. It's just as important during winter as it is in summer, experts say, especially during winter sports like skiing at high altitude.

"In the winter it feels cold because very little infrared light reaches the earth," Dr. David Orentreich says. "The opposite is true in the summer. However, in the winter ultraviolet light is 90 per cent as strong as it is in the summer but since we can't feel or see it we mistakenly think it's absent, too."

Application of a broad-band screen once a day should suffice, Sadick says. THE ASSOCIATED PRESS

Stand firm when it comes to cellulite

SCOPE BEAUTY

Smooth as a baby's bottom? It's not the reality for most women.

THE KIT

By Deborah Fulsang

"Eighty-five per cent of women have cellulite and the 15 per cent that don't, think they do," says Dr. Shimon Eckhouse, The Kit's expert for face advisor. His company explores light-based technology to target and treat the dreaded orange-peel skin.

No wonder the industry is booming. One new report claimed sales for cellulite products hit the $11.8-million mark last year in the United States. Safe to say the category is healthy here in Canada, too.

But beware, says Dr. Lisa Kellett, a dermatologist in Toronto, there's no magic bullet. "Topicals are not drugs. They're not going to go down to a level that they're going to get rid of cellulite," she says. "They might plump up the skin temporarily, much like if you went home and took a loofah to your skin and scrubbed at it. You could cause swelling in the skin to improve the appearance."

The bottom line on cellulite? "There is no cure." You can, however, make surface improvements. And for many, of course, appearances count.

Tip: Be sure to exfoliate before applying your chosen smoothing cream. A good scrub preps the skin to allow active ingredients to perform at their max.

DROP INTO THEKIT.CA FOR BEAUTY INSIDE AND OUT.

3 life

Style pick

Get the boot

A nearly century-old hunting boot is catching on with a younger generation that sees the utilitarian footwear as hip.

L.L Bean's familiar duck boot with leather uppers and rubber soles — designed for slogging through mud and snow — has become something of a fashion statement owing to its newfound popularity on college campuses, the company says. Another reason is new styles, including something Leon Leonwood Bean surely never envisioned in 1912: bright blue and pink leather, new for spring.

THE ASSOCIATED Ppress

Red carpet starlets ready to give the time to do 1950s style up right

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
Any suggestions for getting back into the WORK mode? Vacation was over too quickly. Now it's time to deal with LIFE.

- **@TheStyleStrut:** Meditate, coffee, exercise - not necessarily in that order!
- **@Jeanne_Beker:** Okay! Think I'll start with coffee....
- **@MeaganArtisan:** Buy a new lipstick, or peice of clothing & get excited to show it off. That always helps me to get on schedule. ;)❤
- **@Jeanne_Beker:** That sounds like a nice quick fix! (And shopping is always good for the economy too...)
- **@TheImageis:** book another vacation as a goal to work towards ... It's the light at the end of the tunnel - :)
- **@Jeanne_Beker:** Now THAT is a very cool idea

▶ @Jeanne_Beker: Skiing the Sierra Nevada, in Spain!!! (Dec. 30)

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

How to 'make it work' after losing weight

There are people out there who really do stick to their New Year's resolution and take off those last 10 pounds – or more.

But sometimes, says fashion guru Tim Gunn, they don't know how to show it off, or even find clothes that fit.

"Once you've reached your goal, it's time to go shopping or at least alter your old clothing. ... My mantra about 'getting' fashion is silhouette, proportion and fit. When they are in balance, you'll look great in whatever you're wearing," he says.

When women are in a transitional phase, he suggests a wrap-style top or dress, which basically adjusts itself to changes in your body.

He'd also steer people toward V necklines instead of a crewneck or boatneck. V necks lead one's eye up to the wearer's face, he explains, which can make a flattering line.

WEIGHT WATCHERS/THE ASSOCIATED PRESS

▶ Tim Gunn, left, helped Weight Watchers contest winner Abby Dale shop for new clothes after losing 92 pounds.

Pants often can be taken in to accommodate a smaller size because they have mostly straight seams, Gunn explains, but jackets and blazers are trickier for a tailor to fix if shoulder seams start to creep down the arm. Men especially have an issue with collars.

The least flattering look? Clothes that are baggy, says Gunn, the Project Runway mentor and soon-to-be host of the daytime talk show The Revolution.

The more fabric there is, the more of you there is to look at." THE ASSOCIATED PRESS

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Make way for a tangerine takeover

Bold colour chosen as top palette choice for 2012

The world doesn't need more grey. What consumer products need is a jolt, a shot of energy and boldness, all of which comes from Tangerine Tango, the reddish-orange hue that Pantone announced as its top colour for 2012.

"There's the element of encouragement with orange, it's building on the ideas of courage and action, that we want to move on to better things," said Leatrice Eiseman, executive director of the Pantone Color Institute, the research division of Pantone Inc., which creates colour standards for the fashion, beauty and home industries.

The annual forecast for the next year's dominant colour takes into consideration both what Pantone thinks shoppers want and need. Those are influenced by the designer runways, fabric shows, news events, pop culture and consumer habits.

"Part of what we do is look at the zeitgeist," Eiseman explained. "We have to look at everything in the world around us. It's not an arbitrary choice."

For his spring collection, Tommy Hilfiger used the tangerine colour coupled with red, although it also complements navy and brown. He imagines men wearing the orange in a striped or paisley tie, or for women, as a colour for a purse or even a trenchcoat. It's a colour that will move seamlessly through the seasons.

Look for tangerine with red in the current resort collections for luxury accessory brand Judith Leiber, and it will continue as a top colour for spring, used in a stripe pattern with cobalt blue, fuchsia, gold and white dubbed Palm Beach.

At the mall-level chain Charming Charlie, which organizes displays by colour, tropical orange and hot pink will come together in February for the launch of a theme called Hotel Tropicana. Tangerine is the kind of colour that can change your mood in a minute, said general merchandise manager Kasia Romo, and retailers like that. THE ASSOCIATED PRESS

A new meal for a new year

In her cookbook My Father's Daughter, movie star turned domestic goddess Gwyneth Paltrow shares some easy, healthy recipes She shows you how to eat like a Hollywood star, while still enjoying carb-heavy pasta

Sweet potato ravioli

For the pasta:

1. Whisk together whole eggs and yolk in a bowl. Put flour in a big mixing bowl, make a well in the centre and pour the eggs into the well. Slowly bring in flour using a fork and knead by hand until a dough forms. Add more flour if dough is sticky. Leave to rest for at least 10 minutes.
2. Take out your pasta machine. Cut dough into 8 pieces and roughly form into triangles. Dust with flour. Starting on the widest setting, put one piece through the machine. Fold the dough over itself and go through again on the same setting. Repeat this process on each setting, going from widest to thinnest until you are left with a long thin sheet.
3. Repeat the process with all the pieces of dough, setting aside on clean workspace and covering with clingfilm.

For the filling:

1. Steam the sweet potato pieces for 20 minutes or until cooked through. Mash in a bowl and stir in cheeses. Season with salt, pepper and nutmeg. Let the mixture cool before proceeding.
2. Dollop filling along half the pasta sheets, leaving 5 cm between each spoonful. Using a pastry brush, brush egg white along the tops and bottoms of the pasta sheets and between each dollop of filling. Lay the untouched pasta sheets over the filled ones. Using your fingers, seal the edges around each bit of filling. With paring knife, cut ravioli into squares.
3. Using your fingers, pinch each ravioli's edges to be sure that they're sealed.
4. Bring pot of salted water to boil. Cool ravioli for 2 ½ minutes. Spoon butter over ravioli. Sprinkle with sage leaves and add Parmesan to taste.

For more recipes, please visit metronews.ca/food

▶ Gwyneth Paltrow

Serves: 8
Total prep: 1½ hours

Ingredients:

For the pasta:
- 2 organic large eggs
- 10 organic large egg yolks
- 225 g unbleached plain flour, plus more for kneading

For the filling:
- 1 sweet potato, peeled and cut into 8 pieces
- 4 tbsp finely grated Parmesan cheese
- 2 tbsp mascarpone
- Coarse salt
- Freshly ground black pepper
- Freshly grated nutmeg
- 1 large white egg, beaten

For finishing:
- 50 g unsalted butter
- 6 fresh sage leaves, sliced
- grated Parmesan cheese

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Hot new decor trends

Design expert Karl Lohnes tells us what's new and fresh for 2012

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Trends change yearly. Here's four of the most popular ones for 2012.

LARGE FLORAL PATTERNS

Flowers are back; they are bright and big and look modern.

Add a large floral print to just a headboard in the bedroom, the back panel of a chair or Euro-sized pillow shams in the living room for a burst of colour this year.

Up-cycling

Last year we painted old dressers trendy colours, and this year it's about investing in good stuff. Find an antique chair and upholster it with a cashmere/wool blend fabric, have a custom lampshade made or add luxe trims to a set of old velvet drapes. It's the small investments that will offer up classic style.

CB2 STORES

▶ Flower sutra artwork, CB2 stores

ANTHROPOLOGIE

▶ Curvy-lined furniture helps to round out a room. Amelie sofa in blazing poppies fabric; $3,300, Anthropologie

CURVY FURNITURE

Low, deep and lounge-like was all the rage last year for sofas and chairs.

For those with enough strength (or a crane) to get out of these you can say goodbye and sit on something more comfortable.

Traditional style is making a return and curvy-lined furniture is feeling most welcome after two decades of square-edged, hotel-inspired furnishings. Look for the classic camel-back shaped sofas and organic shaped side tables to round out your rooms.

BENJAMIN MOORE PAINTS

▶ Orange tones will dominate wall colours for 2012. Massada; Benjamin Moore Paints

ORANGE

Last year we said goodbye to the suburban beiges and honey browns and replaced it with cooler tones like sea glass and pale greys. This year it's all about being optimistic; happy colours and every shade of orange is topping the list for paint colours. From pale rust to sherbert tangerine, this citrus colour is topping 2012's list for painted walls.

FOR A COMPLETE LIST OF KARL'S 2012 DECOR TRENDS VISIT METRONEWS.CA

CONTAIN YOUR LIFE'S CHAOS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Charles the Butler, What is a good new year's resolution for something I can do within my house? Suzy Homemaker

Dear Suzy Homemaker:

After giving this very question some thought just a few weeks ago, I personally decided to call 2012 "the year of the container".

So what does this mean? Well for those of you who know me, I love to use containers to hold things.

Containers keep my cupboards as organized and clean as possible.

For example, my shoe shine kit has a small container all of its own — it holds everything I could ever want or need to do with my shoes, including extra shoe laces.

My wrapping paper, last season's clothing and even new toiletries are all in containers.

So my suggestion for you is to re-organize your personal life with clean well-organized containers that are all labelled!

"I love to use containers to hold things. Containers keep my cupboards as organized and clean as possible."

This helps keep cupboards organized and offers you easy access when you need your important stuff!

HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA

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Artist's Rendering

Less is more for dresses

The dress is everything, according to Veronica Di Santo-Abramowicz, managing partner for wedding dress atelier Ines Di Santo, based in Toronto. "If you feel great in it, that's all that matters."

She outlined a few looks to watch out for in the coming year.

Less is more
Wedding dresses in 2012 will be less over-the-top and more understated elegant. "Something more inspired by the royal wedding," said Di Santo-Abramowicz — tailored and regal, but not ostentatious.

Illusion necklines
She explained brides are gravitating toward illusion necklines — strapless dresses that are connected over the shoulders by sheer tulle.

High-quality fabrics
Lace is a timeless component of the wedding dress, said Di Santo-Abramowicz, but other fabrics, like tulle, are making a comeback. An airy Italian silk tulle skirt is perfect for the bride who wants to make a statement but retain a classic silhouette, she said.

The mermaid
Trends in skirt shape will be diverse. Fitted to the knee and then flared, the mermaid dress shape is an Ines Di Santo favourite and creates a curve-hugging body shape.

The full princess gown
Alternately, some 2012 brides-to-be are choosing ball gowns worthy of Cinderella — voluminous dresses with skirts that jut from the waist or hips.

For any dress, couture to second-hand, the most important thing is to stay true to your personality, said Di Santo-Abramowicz.

STEPHANIE ORFORD

Make it your day to remember

STEPHANIE ORFORD
FOR METRO

After many a romantic proposal by the fireside this holiday season, it's time for newly engaged couples to start planning their big day.

But before you jump in, make sure you know what you want, said Genève McNally, principal planner of DreamGroup Productions wedding and event planning in Vancouver. Maintaining your vision for the wedding is key.

Here is how to start planning for the big day:

JEFF OW OF STU-DI-O

▶ Maintaining your vision when planning a wedding is key, said Genève McNally, principal planner of DreamGroup Productions wedding and event planning.

Determine your priorities
It's easy for couples to get bogged down in expectations, said McNally.

"A lot of couples don't stop to think about what they want," she explained. "They pick up a checklist and they just start going, going, going."

The result is often a wedding that isn't meaningful to the couple.

Start off by determining what elements are important to you. You can choose to ditch the bouquet toss, pare down the guest list, or throw the opulent bash of the century, said McNally, but get your priorities straight before you start in on the details.

Create a budget
Include all the things you want in your wedding and get prospective vendors to give you price estimates. This is the time to reprioritize if things cost more than you can afford. "So many couples end up 30 to 50 per cent over budget," McNally said.

Communicate
Make sure you sit down with your close family and wedding party to discuss expectations, said McNally.

For instance, if your parents are helping finance the event, find out exactly how much they are contributing and how much input they expect to have in the decision-making, she advised.

Make sure everyone feels heard and you will avoid some of the conflicts that can rear their ugly heads.

Get on it!
Another way to steer clear of stress is to plan well in advance. "Some couples think, 'I've got a whole year,'" said McNally, but she suggests nailing down key details like booking the marriage officiant, and the reception and ceremony locations as soon as possible — ideally a year ahead. After you have those out of the way you can start going through your list of vendors, she said.

Slow it down
Enjoy the planning and enjoy the day, advised McNally. "Really, what other time in your life are you going to spend that much money on one day?" she said.

Slow it down and make it a leisurely, enjoyable affair, which will result in a day to remember.

Wedding shows

- **Wedding Palace Bridal Show:** Jan. 7-8, 11 a.m. to 5 p.m.; Ottawa Convention Centre (55 Colonel By Dr.); Entry Fee: $20; Website: weddingpalace.ca/winter-show.aspx.
- **The Ottawa Wedding Show:** Jan. 28-29 (11 a.m. to 5 p.m.); CE Centre (4899 Uplands Dr.); Entry Fee: Free; Website: ottawaweddingshow.com.
- **Wed By Hand:** Feb. 11 (11 a.m. to 5 p.m.); The Glebe Community Centre (175 Third St.); Entry Fee: $8 in advance, $10 at the door; Website: wedbyhand.com.

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4 sports

Senators preview

Tampa Bay at Ottawa
7:30 p.m.
TV: SNET

The Senators (20-15-5) welcome Tampa Bay (17-18-3), which won three straight games before losing 7-3 in Toronto on Tuesday. Mathieu Garon let in four goals on 21 shots before being pulled for Dwayne Roloson, who allowed three goals on 21 shots. Steven Stamkos has taken the NHL lead with seven goals in four games and 27 on the season. Martin St. Louis is on an eight-game, 11-point streak.
THE CANADIAN PRESS

Karlsson deserves it

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA

Erik Karlsson take a bow. If, as expected, you're named to the NHL all-star game today, you will have truly earned your spot with your gifted play and enthusiastic approach that has so endeared you to the fans of Ottawa who voted for you en masse. Unlike many other recent hometown selections, the young Swede won his place on merit.

The big question now is whether he's worthy of Norris Trophy consideration as the NHL's best defenceman this season?

There is no argument regarding the 21-year-old's offensive skill set. He leads all blue-liners with 32 assists and 37 points and is tops with 142 shots on goal.

Those numbers cannot be ignored when it comes to Norris recognition. He is on pace for 65 helpers and 75 points. In NHL history, only eight-time Norris winner Bobby Orr and Paul Coffey were able to reach those lofty heights at the same age.

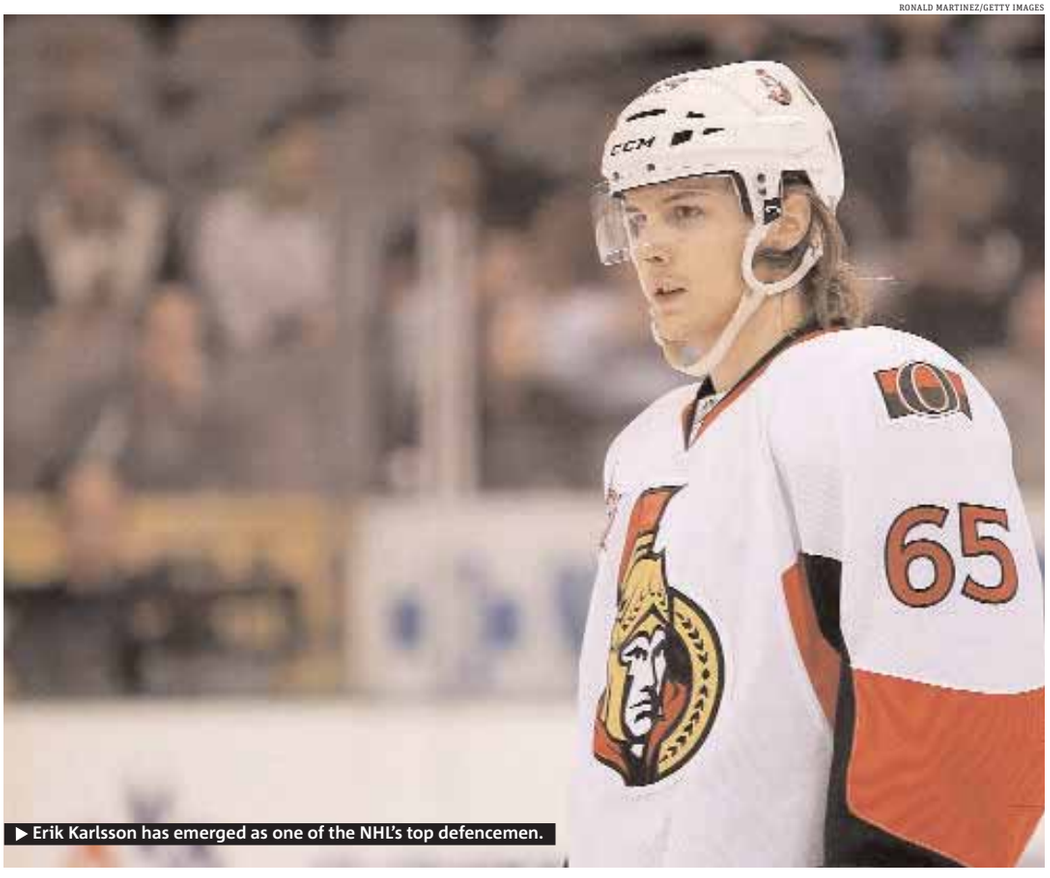
Detroit Red Wings icon Nicklas Lidstrom is the only Norris winner to achieve more than 70 points in recent years and that was in the season immediately after the lockout when scoring in the NHL spiked.

Defensively, Karlsson has been criticized for occasional porous play, but the record shows he is plus-1 after 40 games, a vast improvement over last season's minus-30. The six-foot, 180-pounder lacks the strength of a classic shutdown defenceman, but does his best to utilize his speed and body-positioning to box out confronting forwards.

And despite Paul MacLean's recent quip about his young stud's all-around game — he said in a TEAM 1200 radio interview that, "Erik would play 30 minutes per game as long as he doesn't play 15 minutes for the opposing team" — the Sens coach has shown supreme confidence in Karlsson. In fact, in Monday's overtime victory against the Devils, Karlsson logged 32:39 of playing time. MacLean consistently sends his all-star over the boards, using him more than any other blue-liner on the club (25:38 per game average).

There are a couple other factors that may halt Karlsson from taking home the hardware. First, his age may work against him. The only other 21-year-old to win the Norris was Orr in 1970. Secondly, every Norris winner has come from a playoff team. Naturally, all the people who voted Karlsson into the all-star game are hoping the latter factor doesn't come into play.

RONALD MARTINEZ/GETTY IMAGES



▶ Erik Karlsson has emerged as one of the NHL's top defencemen.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	37	24	9	1	3	110	79	52	11-3-0-2	13-6-1-1	7-3-0-0	W2
d-Boston	35	24	10	0	1	123	68	49	13-6-0-1	11-4-0-0	7-3-0-0	L1
d-Florida	39	20	12	3	4	103	107	47	10-4-1-4	10-8-2-0	4-4-1-1	W1
Philadelphia	37	22	11	2	2	125	109	48	8-6-1-1	14-5-1-1	5-4-0-1	L1
Pittsburgh	38	21	13	2	2	121	100	46	11-5-2-0	10-8-0-2	5-5-0-0	L2
Ottawa	40	20	15	3	2	123	135	45	12-8-0-1	8-7-3-1	7-3-0-0	W3
New Jersey	38	21	15	1	1	105	108	44	10-6-0-1	11-9-1-0	7-2-1-0	L1
Washington	38	21	15	0	2	114	110	44	14-5-0-1	7-10-0-1	6-3-0-1	W4
Winnipeg	38	19	14	3	2	104	107	43	14-6-0-1	5-8-3-1	6-3-0-1	W3
Toronto	39	19	15	3	2	125	128	43	9-5-2-2	10-10-1-0	4-4-2-0	W1
Buffalo	39	18	17	2	2	104	115	40	10-9-2-2	8-8-0-0	3-5-1-1	W1
Tampa Bay	38	17	18	1	2	107	129	37	11-5-0-0	6-13-1-2	4-5-1-0	L1
Montreal	39	14	18	2	5	99	110	35	5-7-2-4	9-11-0-1	3-7-0-0	L2
NY Islanders	37	14	17	4	2	88	116	34	8-9-3-0	6-8-1-2	5-5-0-0	W3
Carolina	41	13	21	4	3	106	139	33	9-10-0-3	4-11-4-0	4-3-2-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	39	24	11	1	3	128	111	52	14-4-0-3	10-7-1-0	7-3-0-0	L1
d-Vancouver	40	24	13	0	3	131	99	51	11-5-0-2	13-8-0-1	6-3-0-1	L2
d-Los Angeles	40	19	14	3	4	87	92	45	11-9-0-2	8-5-3-2	6-1-1-2	L1
Detroit	39	25	13	1	0	128	88	51	15-2-1-0	10-11-0-0	6-4-0-0	W2
St. Louis	39	22	12	0	5	99	86	49	15-3-0-2	7-9-0-3	5-3-0-2	W1
Minnesota	40	21	13	2	4	95	95	48	11-6-1-2	10-7-1-2	1-6-0-3	L1
Nashville	39	21	14	3	1	105	108	46	11-6-2-1	10-8-1-0	7-3-0-0	W3
Colorado	41	22	18	1	0	110	116	45	13-10-0-0	9-8-1-0	8-2-0-0	W3
San Jose	35	20	11	3	1	102	85	44	12-7-2-0	8-4-1-1	5-2-2-1	W1
Dallas	38	21	16	0	1	104	112	43	12-7-0-1	9-9-0-0	5-5-0-0	L1
Phoenix	40	19	17	2	2	103	107	42	7-8-2-1	12-9-0-1	4-5-1-0	L1
Calgary	41	18	18	3	2	100	114	41	10-5-1-1	8-13-2-1	4-4-1-1	L4
Edmonton	39	16	20	0	3	107	111	35	10-6-0-2	6-14-0-1	2-8-0-0	L1
Anaheim	37	10	21	2	4	87	124	26	7-11-1-0	3-10-1-4	2-7-0-1	L2
Columbus	38	10	23	1	4	93	128	25	6-11-1-2	4-12-0-2	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Winnipeg at Montreal
Boston at New Jersey
Minnesota at Vancouver
San Jose at Anaheim
Tuesday's results
Toronto 7 Tampa Bay 3
Washington 3 Calgary 1
Buffalo 4 Edmonton 3
Detroit 5 Dallas 4
N.Y. Islanders 4 Carolina 3 (SO)
St. Louis 4 Phoenix 1
Tonight's games
All Times Eastern
Calgary at Boston, 7 p.m.
Winnipeg at Toronto, 7 p.m.
Florida at N.Y. Rangers, 7 p.m.
Chicago at Philadelphia, 7 p.m.
Tampa Bay at Ottawa, 7:30 p.m.
Edmonton at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Phoenix at Los Angeles, 10:30 p.m.
Columbus at San Jose, 10:30 p.m.
Tomorrow's games
Florida at New Jersey, 7 p.m.
N.Y. Rangers at Pittsburgh, 7 p.m.
Buffalo at Carolina, 7 p.m.
Colorado at Chicago, 8:30 p.m.
N.Y. Islanders at Anaheim, 10 p.m.

LATE TUESDAY

MAPLE LEAFS 7, LIGHTNING 3

First Period
1. Tampa Bay, Lecavalier 14 (Wyman, Moore) 0:58
2. Toronto, Lupul 18 (Connolly, Gardner) 3:25
3. Toronto, Gunnarsson 2 (Connolly, Lupul) 8:46
Penalties — Bergeron TB (holding) 1:15, Downie TB (double roughing), Phaneuf Tor (roughing) 11:58, Franson Tor (boarding) 14:40, Schenn Tor (roughing) 17:20, Connolly Tor (elbowing) 18:35.
Second Period
4. Tampa Bay, Stamkos 27 (St. Louis) 11:55
5. Toronto, Grabovski 11 (Lupul, Schenn) 12:28
6. Tampa Bay, Kubina 3 (Brewer) 13:26
7. Toronto, Boyce 1 (Frattin, Aulie) 13:43
8. Toronto, Frattin 5 (Kadri, Lombardi) 19:22
Penalties — Toronto bench (too many men; served by Frattin) 6:34, Downie TB (unsportsmanlike conduct, double roughing, misconduct), Aulie Tor (roughing), Boyce Tor (roughing, misconduct) 13:59.
Third Period
9. Toronto, Phaneuf 6 (Grabovski, MacArthur) 1:23 (pp)
10. Toronto Kessel 22 (Lupul, Phaneuf) 12:28 (pp)
Penalties — Purcell TB (interference) 0:56, Gustavsson Tor (tripping) 6:35, Kubina TB (holding) 11:32, Hall TB (roughing) 12:04, Thompson TB, Schenn Tor (fighting) 16:32.

Shots on goal by				
Tampa Bay	11	7	6	24
Toronto	13	16	13	42

Goal (shots-saves) — Tampa Bay: Garon (W,11-10-2)(21-17), Roloson (13:43 second; 21-18); Toronto: Gustavsson (W,10-7-0).
Power plays (goals-chances) — Tampa Bay: 0-5; Toronto: 3-7.
Referees — Dan O'Halloran, Chris Lee. **Linesmen** — Brad Kovachik, Mark Shewchyk.
Attendance — 19,425 (18,819) at Toronto.

SABRES 4, OILERS 3

First Period
1. Edmonton, Hall 12 (Hemsky, Gagner) 10:33
2. Buffalo, Pominville 13 (Hecht, McNabb) 14:23
Penalty — Weber Buf (tripping) 5:26.
Second Period
3. Buffalo, Leopold 7 (Stafford, McNabb) 5:10
4. Edmonton, Gagner 5 (Petry, Hemsky) 9:24 (pp)
Penalties — Hemsky Edm (goaltender interference) 5:34, Kaleta Buf (charging) 8:04, Buffalo bench (too many men; served by Gerbe) 9:10.
Third Period
5. Buffalo, Stafford 7 (Gerbe, D.Roy) 14:34
6. Buffalo, Gerbe 4 (Stafford) 16:38
7. Edmonton, Potter 3 (Eberle, Lander) 18:10
Penalty — Peckham Edm (holding) 10:54.

Shots on goal by				
Edmonton	14	5	7	26
Buffalo	8	12	13	33

Goal — Edmonton: Khabibulin (L,11-11-3); Buffalo: Miller (W,10-10-2). **Power plays (goals-chances)** — Edmonton: 1-3; Buffalo: 0-2.
Attendance — 18,690 (18,690) at Buffalo, N.Y.

CAPITALS 3, FLAMES 1

First Period
1. Washington, Ovechkin 17 (Johansson, Backstrom) 1:11 (pp)
Penalty — R.Bourque Cal (holding) 0:36.
Second Period
2. Washington, Brouwer 11 (Ovechkin, Backstrom) 8:49 (pp)
3. Calgary, Glencross 16 (Iginla, Brodie) 13:51
4. Washington, Wideman 7 (Backstrom, Johansson) 17:01
Penalties — Green Wash (holding) 2:36, Butler Cal (holding) 8:29.
Third Period — No Scoring.
Penalties — R.Bourque Cal (elbowing) 10:06, Knuble Wash (slashing) 12:20, Green Wash (interference) 15:39, Knuble Wash (delay of game) 19:10.

Shots on goal by				
Calgary	4	8	7	19
Washington	8	9	4	21

Goal — Calgary: Kiprusoff (L,17-14-2); Washington: Vokoun (W,16-8-0). **Power plays (goals-chances)** — Calgary: 0-4; Washington: 2-3.
Attendance — 18,506 (18,398) at Washington.

SCORING LEADERS

	G	A	PT
Giroux, Pha	18	28	46
H.Sedin, Vcr	10	36	46
Kessel, Tor	22	23	45
Stamkos, TB	27	17	44
Lupul, Tor	18	26	44
D.Sedin, Vcr	17	27	44
Malkin, Pgh	15	28	43
Eberle, Edm	16	26	42

Not including last night's games

TENNIS

ATP AIRCEL CHENNAI OPEN

At Chennai, India
Yesterday's results
Singles — Second Round
Milos Raonic (4), Thornhill, Ont., def. Victor Hanescu, Romania, 6-1, 6-4.
Doubles — First Round
Leander Paes, India, and Janko Tipsarevic (3), Serbia, def. **Vasek Pospisil, Vernon, B.C., and Milos Raonic, Thornhill, Ont.**, 6-3, 4-6, 10-7 (tiebreak).

ATP BRISBANE INTERNATIONAL

At Brisbane, Australia
Yesterday's result
Doubles — Second Round
Max Mirnyi, Belarus, and **Daniel Nestor (1), Toronto,** def. Tommy Haas, Germany, and Radek Stepanek, Czech Republic, walkover.

HOCKEY

2012 WORLD JUNIOR CHAMPIONSHIP

All Times Eastern

CHAMPIONSHIP BRACKET

At Calgary
Last night's result
FIFTH PLACE
Czech Republic vs. Slovakia
Tuesday's results
SEMIFINALS
Russia 6 **Canada** 5
Sweden 3 Finland 2 (SO)
Today's games
BRONZE MEDAL
Finland vs. **Canada**, 3:30 p.m.
GOLD MEDAL
Sweden vs. Russia, 8 p.m.

RELEGATION BRACKET

Yesterday's results
Latvia 2 Denmark 1
U.S. 2 Switzerland 1
Tuesday's result
U.S. 12 Latvia 2

2012 WORLD U-17 CHALLENGE

PLAYOFFS

Yesterday's results
At Windsor, Ont.
THIRD PLACE
Ontario 5 Sweden 2
CHAMPIONSHIP
Russia vs. U.S.
Tuesday's results
At Windsor, Ont.
SEMIFINALS
U.S. 2 Sweden 1 (SO)
Russia 4 Ontario 3 (OT)
At Tecumseh, Ont.
SEVENTH PLACE
Atlantic 4 Czech Republic 2
At LaSalle, Ont.
NINTH PLACE
Germany 6 West 3
FIFTH PLACE
Pacific 5 Quebec 4 (OT)

2012 WORLD WOMEN'S UNDER-18 CHAMPIONSHIP

Yesterday's results
CHAMPIONSHIP BRACKET
At Zlin, Czech Republic
Quarter-finals
Germany 2 Czech Republic 1
Sweden 2 Finland 1 (OT)
RELEGATION BRACKET
At Prerov, Czech Republic
Switzerland 4 Russia 2
Tomorrow's games — All Times Eastern
CHAMPIONSHIP BRACKET
At Zlin, Czech Republic
Semifinals
U.S. vs. Germany, 9 a.m.
Canada vs. Sweden, 1 p.m.
At Prerov, Czech Republic
Russia vs. Switzerland, 9 a.m.
Fifth Place
Finland vs. Czech Republic, 1 p.m.

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION	W	L	Pct	GB
Toronto	3	3	.500	—
Philadelphia	2	2	.500	—
Boston	3	3	.500	—
New York	2	3	.400	½
New Jersey	1	5	.167	2
SOUTHEAST DIVISION				
Miami	5	1	.833	—
Atlanta	4	2	.667	1
Orlando	4	2	.667	1
Charlotte	1	4	.200	3½
Washington	0	5	.000	4½
CENTRAL DIVISION				
Chicago	5	1	.833	—
Indiana	4	1	.800	½
Cleveland	3	3	.500	2
Detroit	2	3	.400	2½
Milwaukee	2	3	.400	2½

WESTERN CONFERENCE

SOUTHWEST DIVISION	W	L	Pct	GB
San Antonio	3	2	.600	—
Memphis	2	3	.400	1
Houston	2	3	.400	1
New Orleans	2	3	.400	1
Dallas	2	4	.333	1½
NORTHWEST DIVISION				
Portland	4	1	.800	—
Oklahoma City	5	2	.714	—
Denver	4	2	.667	½
Utah	3	3	.500	1½
Minnesota	2	3	.400	2
PACIFIC DIVISION				
L.A. Lakers	4	3	.571	—
L.A. Clippers	2	2	.500	½
Phoenix	2	3	.400	1
Golden State	2	3	.400	1
Sacramento	2	4	.333	1½

Last night's results
Toronto 92 Cleveland 77
Washington at Orlando
New Jersey at Boston
Chicago at Detroit
Indiana at Miami
Charlotte at New York
Philadelphia at New Orleans
Memphis at Minnesota
Phoenix at Dallas
Golden State at San Antonio
Sacramento at Denver
Houston at L.A. Clippers
Tuesday's results
Chicago 76 Atlanta 74
Cleveland 115 Charlotte 101
L.A. Lakers 108 Houston 99
Memphis 113 Sacramento 96
Portland 103 Oklahoma City 93
Utah 85 Milwaukee 73
Tonight's games — All Times Eastern
Miami at Atlanta, 8 p.m.
Dallas at San Antonio, 8:30 p.m.
Milwaukee at Sacramento, 10 p.m.
L.A. Lakers at Portland, 10:30 p.m.

BASKETBALL

NBL

Tonight's games — All Times Eastern
Oshawa at Halifax, 6 p.m.
Summerside at Moncton, 6 p.m.
Saint John at Quebec, 7:30 p.m.
Tomorrow's game
Summerside at London, 7 p.m.

RAPTORS 92, CAVALIERS 77

CLEVELAND (77)
Casspi 4-8 0-0 10, Jamison 8-19 2-4 19, Varejao 0-4 3-4 3, Irving 3-13 6-6 12, Parker 2-6 2-2 8, Sessions 2-7 2-2 7, Gee 0-5 2-2 2, Gibson 2-8 0-0 4, Hollins 1-4 4-4 6, T.Thompson 0-5 1-2 1, M.Thompson 0-0 0-0 0, Harangody 2-2 0-0 5. Totals 24-81 22-26 77.
TORONTO (92)
Butler 0-6 0-0 0, Bargnani 11-16 6-7 31, A.Johnson 3-6 0-0 6, Calderon 6-8 0-0 13, DeRozan 9-18 2-2 25, Carter 0-1 0-0 0, J.Johnson 1-8 2-4 4, Davis 4-7 0-0 8, Magloire 0-1 0-0 0, Barbosa 1-4 0-0 3, Forbes 1-2 0-0 2. Totals 36-77 10-13 92.

Cleveland	18	21	12	26 — 77
Toronto	21	25	20	26 — 92

3-Point Goals—Cleveland 7-23 (Parker 2-3, Casspi 2-4, Sessions 1-1, Harangody 1-1, Jamison 1-5, Irving 0-1, Gibson 0-3, Gee 0-5), Toronto 10-28 (DeRozan 5-8, Bargnani 3-7, Barbosa 1-3, Calderon 1-3, Forbes 0-1, Butler 0-6). Fouled Out—None. Rebounds—Cleveland 56 (Varejao 13), Toronto 49 (J.Johnson 8). Assists—Cleveland 16 (Irving 4), Toronto 23 (Calderon 11). Total Fouls—Cleveland 17, Toronto 18. A—14,468 (19,800) at Toronto.

NFL

PLAYOFFS

WILD-CARD

Saturday's games
All Times Eastern
AFC — Cincinnati at Houston, 4:30 p.m.
NFC — Detroit at New Orleans, 8 p.m.
Sunday's games
NFC — Atlanta at N.Y. Giants, 1 p.m.
AFC — Pittsburgh at Denver, 4:30 p.m.

FOOTBALL

NCAA BOWLS

All Times Eastern
Last night's result
ORANGE BOWL
At Miami
West Virginia vs. Clemson
Tuesday's result
SUGAR BOWL
At New Orleans
Michigan 23 Virginia Tech 20 (OT)
Tomorrow's game
COTTON BOWL
At Arlington, Texas
Kansas State (10-2) vs. Arkansas (10-2), 8 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's results
Everton 1 Bolton 2
Newcastle 3 Manchester United 0

SPAIN

COPA DEL REY

FIFTH ROUND, FIRST LEG
Yesterday's results
Barcelona 4 Osasuna 0
Real Sociedad 2 Mallorca 0

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Still something to play for

Canada tries to shake off disappointment of loss to Russia and focus on beating Finland to win the bronze

The disappointment was still in the eyes of the Canadian players a day after their semifinal loss at the world junior hockey championship.

As they prepared to play Finland for the bronze medal, furrowed brows and grim expressions indicated Tuesday's 6-5 loss to Russia was still on their minds.

But they will have to let it go for Canada to avoid finishing out of the medals at the tournament for the first time in 14 years.

Finland, a dark horse which has improved since the competition got underway, will certainly be motivated to win bronze Thursday after falling 8-1 to Canada in the tournament-opener in Edmonton.

Russia will play for it second straight title in Thursday's gold-medal game against Sweden.

As per his usual practice, Canadian head coach Don Hay wouldn't reveal whether it will be Scott Wedgewood or Mark Visentin in Canada's net Thursday because he tells his starting goalie the night before the game.

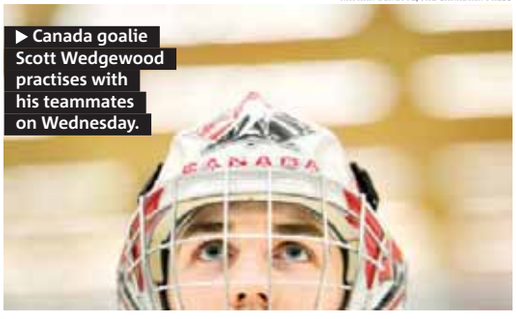
While Wedgewood admitted he was sore after Russian defender Alex Khokhlachev crashed into him in the second period Tuesday, he said he would be able to play Thursday.

"You've got to win a game to get a medal now," Wedgewood said Wednesday. "We've got to take pride in that and it still means something to us.

"Ten years from now looking back, you go into that game and don't give it your all and you walk away with nothing ... it's better to have something."

Without the adrenaline that a possible gold medal brings, the Canadians were feeling the slings and arrows of the tournament.

NATHAN DENETTE/THE CANADIAN PRESS



▶ Canada goalie Scott Wedgewood practises with his teammates on Wednesday.

The upper-body injury Scott Harrington suffered in the preliminary round kept him out of Wednesday's practice. Hay didn't sound sure the defenceman would be able to play Thursday.

What's more, Canada will be down to 11 forwards for Thursday's game after faceoff specialist Boone Jenner was suspended for spearing Russian captain Evgeni Kuznetsov in the second period of the semifinal.

In sifting through the wreckage of Canada's gold-medal hopes, the host country's meltdown in the second period versus Russia stands out.

A loss of composure left Canada short-staffed and allowed Russia to score their fifth goal on a power play, which came back to haunt Canada in the third period.

"When players get frustrated they do things they regret," Hay said. "Whether it's misconduct penalties, major penalties or just selfish penalties, you usually regret those type of penalties.

"When you can play with determination, you don't have time to get frustrated. That's what we did in the third. In the second, we played with a little more frustration because it wasn't going our way."

THE CANADIAN PRESS

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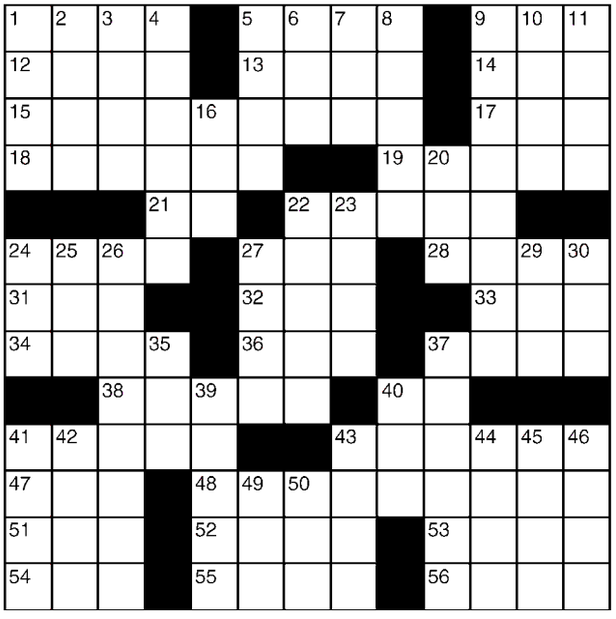

Across

1 Employer
5 Tulip, at first
9 Pair
12 Pulitzer winner James
13 Sandwich treat
14 Disencumber
15 Ornamentations
17 Fuss
18 Soap opera, e.g.
19 Bank job, e.g.
21 Lumberjack's need
22 India's first PM
24 Picnic invaders
27 "30 Rock" star
28 Recognize
31 Round Table address
32 Director Spike —
33 Dead heat
34 Thick chunk
36 Toss in
37 Snitched
38 High heels, often
40 Battery size
41 Void
43 Big step
47 Evening hour, in a way
48 Dulcimer's shape
51 Egos' counterparts
52 Medal earner
53 Unsigned (Abbr.)
54 Ignited
55 Cushiony
56 Singer Mouskouri

Down

1 Crazy
2 Shrek, e.g.
3 Burn some
4 Brownish photo hues
5 Reach 212 degrees F
6 Grecian vessel
7 Journey segment
8 "The Garden of Earthly Delights" painter
9 Decorative quilt design
10 Broad
11 Smell
16 Peace (Lat.)
20 Noah's craft
22 Has to have
23 Watched
24 Ninny
25 Zilch
26 Member of a silent religious order
27 Envelope part
29 OPEC export
30 Tie the knot
35 However
37 Burroughs hero
39 Legends
40 Noshed
41 Satanic
42 Calf-length
43 Name for a Dalmatian
44 New Rochelle school
45 "My Heart Will Go On" singer
46 Writer Ferber
49 — Speedwagon
50 Remark from 43-Down

▶ Yesterday's answer

B	O	L	A	■	N	A	B	■	B	E	T	H
A	K	I	N	■	E	M	U	■	A	R	I	A
B	A	N	K	R	U	P	T	■	Z	U	L	U
E	Y	E	L	E	T	■	C	H	A	P	E	L
■	■	■	E	A	R	■	H	E	A	T	■	■
S	A	D	■	D	A	M	■	W	R	I	S	T
P	R	I	G	■	L	I	S	■	S	O	L	E
A	I	S	L	E	■	A	P	E	■	N	Y	C
■	■	R	A	M	P	■	A	S	H	■	■	■
M	O	U	S	S	E	■	R	A	I	S	E	S
A	L	P	S	■	A	B	R	U	P	T	L	Y
R	I	T	E	■	C	O	O	■	P	A	I	N
T	O	S	S	■	H	O	W	■	O	G	E	E

Sudoku

9					5		6	
			9	1			7	
	3		6					2
	9	5		2				
4			7		6			5
				8		9	3	
7					9		4	
	1			6	7			
	2		8					6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	2	7	3	1	6	4	5	9
6	9	5	7	2	4	8	1	3
4	3	1	9	8	5	2	6	7
2	6	9	5	7	3	1	8	4
5	1	3	4	9	8	6	7	2
7	4	8	2	6	1	9	3	5
9	5	6	1	4	7	3	2	8
3	8	2	6	5	9	7	4	1
1	7	4	8	3	2	5	9	6

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

I love you Daniel Pikel, thanks for being an amazing man! Peyton & I are very lucky to have you in our lives! cant wait for the rest of our lives together baby! <3 :) **CRYSTAL**

Dear liz, I love you so much, these games you're playing needs to stop! life is too short my darling. you need to start embracing life more and take more chances. if you love me then tell me you fool.....Or you leave me no choice but to go after your sister LOL..... **MARK**

Him, Chillaxin with mah tallboyz! whoo hoo! Wahhhhhhhhh! feels great! you're there am here...was a superb day! See, bouncing back into the saddle. Whatever! Should've turned out da other way. oh well, life goes on! **ERR**

Today
-7°/-14°
Partly cloudy
Friday
0°/-5°
Flurries
80%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will find yourself caught up in some sort of feud today and being a pugnacious Aries you will probably quite enjoy it.

♉ Taurus April 21-May 21 The best kind of work is teamwork, so join forces with like-minded people.

♊ Gemini May 22-June 21 You have taken on too many duties and responsibilities of late, both at home and at work, and need to cut back if you are to avoid exhausting yourself.

♋ Cancer June 22-July 22 You need a deeper, more serious relationship.

♌ Leo July 23-Aug.23 Try to remember that it's not all about money and status. Love counts too.

♍ Virgo Aug. 24- Sept. 22 This is one of those times when you must take risks and push boundaries. If you don't you may look back one day and regret it.

♎ Libra Sept. 23-Oct. 23 Like most Libras you rarely get angry, but you will surprise a few people today.

♏ Scorpio Oct. 24-Nov. 22 Start early, finish late and focus only on tasks that take you closer to your long-term goals.

♐ Sagittarius Nov. 23-Dec. 21 Remember that co-operation always makes things easier.

♑ Capricorn Dec. 22-Jan. 20 Life is always a gamble, that's one of the things that makes it so interesting.

♒ Aquarius Jan. 21-Feb. 18 You seem to believe that someone in a position of authority is plotting against you.

♓ Pisces Feb. 19-March 20. Mars in your opposite sign is bringing a number of challenges, not least in the guise of people who oppose your ideas and beliefs. But what of it? If your beliefs are correct you have nothing to worry about.

SALLY BROMPTON

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